Christine Albers
Background/Credentials: B.A. in Psychology; Advanced Certified Nursing Assistant
Areas of Expertise: Medicated and natural births, high-risk pregnancy, miscarriage, breast-feeding, baby and mother care.
Phone: (515) 707-7728
Email: albears5@msn.com
Accepts private clients? No

RaeLynn Carl
Background/Credentials: CPR certified, doula classroom certification, Resolve Through Sharing bereavement certification
Areas of Expertise: stillbirth, perinatal loss
Accepts private clients? No

Anissa Deay
Background/Credentials: working toward ICEA birth doula certification, member of the National Association for the Education of the Young Child
Areas of Expertise: early childhood education, family support and military families
Accepts private clients? No

Cynthia Florer
Background/Credentials: RN, BSN, working toward birth doula certification
Areas of Expertise: Miscarriage, breast-feeding, pregnancy/delivery/parenting education for teenage and low-income mothers
Phone: (515) 240-3912
Email: florer4u@msn.com
Accepts private clients? No

Tamela Hatcher
Background/Credentials: BSE, ICEA certified birth doula, Lamaze and ICEA certified childbirth education instructor, ICEA approved doula and childbirth education trainer
Areas of Expertise: specialized training in at-risk and teenage pregnancies
Phone: (515) 358-5060
Email: thatcher@mercydesmoines.org
Accepts private clients? No

Carolyn Israel
Background/Credentials: Massage therapy, health care background; working toward ICEA birth doula certification
Email: cari4031@mchsi.com
Accepts private clients? No

Ginger Johnson
Background/Credentials: ICEA certified birth doula
Areas of Expertise: support during a loss
Phone: (515) 864-1198
Email: dganjohnson@dwx.com
Accepts private clients? No

Kim Jones
Background/Credentials: working toward ICEA birth doula certification, bereavement doula training
Areas of Expertise: high-risk pregnancy, medicated and non-medicated births, pre-term birth, bereavement and breast-feeding
Phone: (515) 632-6710
Email: chic_style@live.com
Accepts private clients? No

Racheal Majerus
Background/Credentials: Bachelor’s in Child and Family Services, ICEA birth doula workshop participant, Resolve Through Sharing workshop participant, CPR/First Aid certified
Areas of Expertise: perinatal hospice and stillbirth deliveries
Phone: (641) 799-1940
Email: rstuff81@hotmail.com
Accepts private clients? No

Anna Hines
Background/Credentials: RN, BSHA, MPH, ICEA certified doula
Areas of Expertise: Massage therapy, including: Swedish massage, cupping, hot stone, pregnancy massage, infant massage, reflexology, Thai massage
Accepts private clients? No
Alison Meier  
Background/Credentials: working toward ICEA birth doula certification  
Areas of Expertise: teenage pregnancy, gestational hypertension, child development  
Phone: (515) 351-0500  
Email: accondon@gmail.com  
Accepts private clients? No

Chelsie Zech  
Background/Credentials: working toward ICEA birth doula certification; Bachelor’s in Child and Family Studies, social work  
Areas of Expertise: epidural anesthesia, support for mother during labor and delivery  
Phone: (712) 303-7063  
Email: Chelsie_danae@hotmail.com  
Accepts private clients? No

Abby Cosby  
Background/Credentials: DONA certified birth doula, 17 years’ experience in birth assists  
Areas of Expertise: Young mothers, high-risk pregnancy, preemies, miscarriage, ectopic pregnancy, postpartum aftercare, depression and birth preparation  
Phone: (515) 266-8128 or (515) 554-6659  
Email: tendertouchdoulaabby@gmail.com  
Accepts private clients? Yes

Shannon Lee  
Background/Credentials: ICEA certified doula, Rebozo certified, working toward certification as a breast-feeding counselor, aroma therapy  
Areas of Expertise: Using Rebozo for birth and massage, vaginal birth after Cesarean (VBAC) and young mothers  
Phone: (515) 710-3742  
Email: blessedbirthsofiowa@gmail.com  
Accepts private clients? Yes

Nicole Likens  
Background/Credentials: ICEA certified doula, licensed massage therapist  
Areas of Expertise: Massage therapy, including: Swedish massage, cupping, hot stone, pregnancy massage, infant massage, reflexology, Thai massage; doula services  
Phone: (515) 783-7551  
Email: nlakens13@yahoo.com  
Accepts private clients? Yes

Heather Moran  
Background/Credentials: DONA certified birth doula, ICEA certified childbirth educator, trained bereavement doula  
Areas of Expertise: child development  
Phone: (763) 439-2723  
Email: hcm31@comcast.net  
Accepts private clients? Yes

Mandee Shivers  
Background/Credentials: ICEA birth doula certification  
Areas of Expertise: teenage pregnancy, adoption, unmedicated labor, vaginal birth after Cesarean (VBAC), primary laboring at home, miscarriage support, postpartum support, breast-feeding, abuse and trauma support  
Phone: (515) 201-7139  
Email: tranquilmomentsdoula@live.com  
Accepts private clients? Yes

Julia Sparks  
Background/Credentials: working toward DONA birth doula certification  
Areas of Expertise: births of all types  
Phone: (515) 710-4185  
Email: jasparks23@aol.com  
Accepts private clients? Yes